

Please and thank you!



Have I said “Thank you?” I may not always show it, but I do thank you for all that you do. I want to please you. Please let me know I am special.

I want to help!

When you let me help you, I feel close to you. I may not do things as neatly as you, but, I am doing my best. Sometimes I drop things because my fingers are still small. Here are some things that I can do:

- **Put some foods in the basket when we shop for foods.**



Let me put my WIC cereal in the basket. I can help with light foods that do not break. We can talk about foods when I put them in the basket. Tell me why my WIC cereal is good for me.

- **Help decide what vegetables to have for dinner (with a little help from you).**

Teach me about the different colors and shapes of vegetables. Then, let me pick one for our meal. Show me 2 green vegetables and ask “Which green vegetable shall we eat?”

I want to be like you.

- **Help you fix meals.**

I can do simple things like wash vegetables and tear lettuce. I can help stir a fruit salad. I can put napkins, forks, and spoons on the table. Please show me how.

Play is my work!



I learn about my world through play. I learn what happens when I turn knobs and push buttons. I copy what you do, like cooking food and driving a car. Play helps me grow. My legs and arms get strong when I run and throw a ball. My hands and eyes learn to work as a pair when I draw, play with blocks, and work puzzles.

Because I love to play, I forget I am hungry. It may be hard to get me to come to the table! Let me play quietly for 10 minutes before we eat. I can draw or work a puzzle. Quiet play lets me rest so I am able to sit and eat at meals.

I may sit still for only 20 minutes. When I am full, I will tell you. Please excuse me from the table. I want to get back to my play.

I like things the same way!

I like to do things the same way. You may think I am set in my ways. I feel safe when things are the same. I like to eat my meals and snacks at the same times every day. I like to put my pajamas on and have you read to me at bedtime.

If a meal is late or I miss my nap, I may cry or throw a tantrum because I am hungry or tired. Please be patient. I do not know how to wait for what I want. Please give me a hug. Carry a snack for me when we are away from home. We can sit and eat some WIC cereal or some crackers.

Helpful Reminders

Use the Food Guide Pyramid to plan 3 meals and 2 to 3 healthy snacks every day.

Please offer me:

Breads, cereals, rice, pasta – 6 or more servings

Vegetables – 3 or more servings

Fruits – 2 or more servings

Milk, cheese, yogurt – 4 servings

Meats, poultry, fish, dried beans, eggs – 2 or more servings

Fats, sweets, and oils – I only need a little

- I eat small servings of food, about $\frac{1}{4}$ to $\frac{1}{3}$ of the serving size a grown-up eats (or about 3 to 4 tablespoons of each food). A serving of milk or juice is $\frac{1}{2}$ cup. Please let me ask for more food if I am hungry.
- Offer me water to drink between meals and snacks.
- I can choke on foods. Let me sit at the table when I eat. Cut large or slippery foods into bite-size pieces for me. Eat with me.

Look what I can do!



- I use a spoon to eat many foods. I still eat some foods with my fingers.
- I can drink from a small cup and hold it with one hand. Sometimes I drop the cup. I must use one that does not break.
- I run, jump, and climb. I can open cabinets and drawers.
- I like to learn how things work.

I turn knobs to see what happens. Keep me away from a hot stove. Turn pot handles to the back. Do not let cords hang over the counter where I can pull on them.

- I like to sing! Teach me a song we can sing together. We can even make up the song!
- Let's take a walk. Can we walk to the library and get a book to read?
- I feel proud when I do things by myself. Can I choose between 2 foods to eat? Ask me if I want cheese or yogurt at snack time. Ask me if I want oatmeal or cornflakes for breakfast.



WIC keeps me growing and going.

My WIC foods are good for me. Milk and cheese give me calcium for strong bones and teeth. The iron in WIC cereal gives me healthy blood. The protein in my WIC foods lets my body grow. I feel healthy inside and out when I eat these foods every day.

Health and Safety Tips

- Help me brush and floss my teeth every day, even if I tell you I want to do it.
- Check my front teeth for white or dark spots. If you see any, take me to the dentist right away.
- Wash our hands often, to help kill germs.
- Keep matches and lighters away from me.
- Keep me away from cigarette smoke.
- Keep cleaning supplies and medicines locked up.
- Watch me when I am in the bathtub or near any water.

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

This institution is an equal opportunity provider and employer.

Help me **be healthy**



2½ to 3 years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
